



thursday, september 26, 2013

# the collegian

INDEPENDENT VOICE FOR KANSAS STATE UNIVERSITY

VOL. 119 NO. 23

Tomorrow:  
High: 88 °F  
Low: 62 °FSaturday:  
High: 71 °F  
Low: 48 °F

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expectations

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Should the NCAA have  
reduced Penn State's  
sanctions?kstatecollegian.com  
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## Model U.N. program relaunches after nearly 30 years, 35 students participate

Jon Parton  
staff writer

What do Betamax tapes, the Berlin Wall and Magnum P.I. have in common with K-State's Model United Nations program? The last time they were all around was the 1980s. John Fliter, associate professor of political science, is bringing Model U.N. back to K-State after a three-decade hiatus.

The Model U.N. program allows students to take on the role of diplomats for various countries in a mock setup of the United Nations. In addition to learning about a country's background and policies,

participants are expected to act as diplomats from each country would in an international relations setting.

Fliter, along with assistant professor of political science Carla Martinez Machain, serves as an adviser to the new organization. As the university's 2013-2014 Coffman Chair, Fliter said he wanted to find projects that students could do to take advantage of the education gained in the classroom.

"We have a lot of political science students with the knowledge, but they don't have the opportunity to apply it," Fliter said.

Fliter said the response to the team's renewal has been overwhelming.

"We have 35 students signed up for the team," Fliter said. "There have been so many applicants, we've had to form four delegations."

Fliter said the team will participate in the four day Midwest Model United Nations conference held in St. Louis, Mo. in February. The team will represent the countries of the Czech Republic, Ecuador, Senegal and the Philippines. Fliter said the team will be given resources to help them succeed at the conference.

"We have two graduate stu-

dents helping us out," Fliter said. "The school is also hosting teachers from Ecuador and we've asked them to speak to the team in order to share their expertise."

Eli Woerpel, junior in political science, serves as one of the senior delegates on the Czech Republic team. Woerpel studied abroad in the Czech Republic and said his experience was one of many reasons why he wanted to join the Model U.N. Delegates. Woerpel said the team may face several pressing international issues ranging from nuclear weapon treaties to HIV and its impact on women.

"As a delegate, you realize the difficulty and complexities of international relations," Kaye said. "Nothing says international relations like Model U.N."

The team plans to meet as a large group once a month and host more frequent meetings between the smaller delegations. Woerpel said the team is still trying to get everything organized.

"We have just created a constitution," Woerpel said. "We're at the beginning stages."

Becca Kaye, sophomore in political science, philosophy and international relations, said she joined the Model U.N. because it was a natural fit for her interests.

"I want to learn about international relations," Kaye said. "Nothing says international relations like Model U.N."

Kaye said she wanted to get a better understanding of other countries' policies and how that might relate to Americans. Delegates on the team need to know how their nation stands on the issues, according to Kaye.

"It's knowing all about the country you are supporting or backing up different resolutions in your committee," Kaye said.

The team still has a few spots open, which Fliter said he expects to fill soon.

## Blue Man Group delights, entertains

Joshua Knapik  
staff writer

McCain Auditorium once again played host to the Blue Man Group Wednesday evening. The mono-color trio, made famous in a series of late '90s Pentium TV ads, now tour regularly across the U.S., filling nights with spectacle, wit and color. During the show, the group's acts went from minimalist droning to an explosion of vibrancy instantaneously.

Early in act one, the restrained stage setting was not unlike an early 2000 iPod commercial. Shown in silhouette, on colored foregrounds, the figures on stage appeared to be two-dimensional, but as the curtain was raised

it was immediately clear that this experience was toying with the audience's perceived boundaries between two and three-dimensional space. This theme would be echoed throughout the entire production.

"I thought it was amazing," Ariana Maupin, freshman in music education, said. "I'd see it again tomorrow if it wasn't sold out."

Recurring motifs included ex-

BLUE | pg. 8

Emily DeShazer | Collegian

Audience members keep the colored balls aloft during Wednesday's Blue Man Group performance.



Emily DeShazer | Collegian

Blue Man Group members look to the audience in confusion as six large balls are placed on stage at McCain Auditorium Wednesday night.

## Alumnus donates \$1 million to new business building

Som Kandlur  
staff writer

Jeff Gates, a K-State alumnus, recently donated \$1 million to the K-State College of Business Administration to aid in its efforts to build a new building to house the school.

Gates, who graduated from K-State in 1984 with a bachelor's degree in finance, is currently the founding partner, president and portfolio manager at Gates Capital Management in New York, NY. The donated amount is one of multiple donations made by K-State alumni and partners in order to build the 140,000 square foot complex which will house the K-State College of Business Administration.

"All of our applied programs allow students to have better places to meet with each other, faculty and visiting professionals," said Stacy Kovar, the associate dean of academic programs and a professor of accounting at the College of Business.

"The sum of all donations that we are collecting to make this building possible allow us to do

additional things in our curriculum from a student standpoint," Kovar said. "Right now we have one or two companies come into the building a semester. With the additional meeting space that the new building

on the new building is mixed. Daniel Madsen, senior in accounting and finance, said he welcomed the donations to the new buildings.

"This building is old, the air conditioning doesn't always

work and that can take away from class especially when it gets loud while we're trying to learn," Madsen said. "Also, a lot of the time we have to move classes to other buildings instead of doing them here. So having one new building that better meets the needs of the college and its students is a better idea and I fully support the alumni dona-

tions going to the new building."

Ryan Kellenberger, graduate student in the masters accounting program, said he would rather see the funds go elsewhere to better improve the learning experience.

"A new building is not a necessity, more of a luxury," Kellenberger said. "I think they are able to give a quality education without one. I don't see the actual learning experience being that much different from having a new building. I would rather see the support go to scholarships and upgrading the technology in the existing building."

Kovar said that alumni donations extend farther than just the new building.

"Alumni support gives far more than the money that builds building," Kovar said. "It gives you the opportunity to experience the real world as a student much earlier through ventures like the executive mentor programs and involvement in club and organization. Get a chance to combine theoretical knowledge with real world experience."

"All of our applied programs allow students to have better places to meet with each other, faculty and visiting professionals."

Stacy Kovar  
associate dean of Academic programs

## Local crime briefs

Jon Parton  
staff writer

### Junction City vehicle stolen, set on fire

A Junction City man's vehicle was stolen and then set on fire, according to a report by the Riley County Police Department. Officers found the 1992 Chevy van abandoned and aflame in the 1300 block of Temple Lane near the Kansas River. The total loss is estimated at \$1,500. Police have made no arrests at this time, but the case is still under investigation.

### Burglary in Manhattan, estimated loss at \$1,100

A reported burglary happened during the overnight hours of Sept. 23, in the 800 block of Stadel Road in Manhattan. The victim told police an unknown suspect stole copper tools and money from the victim's shed and vehicle. The estimated loss in this case is more than \$1,100. Riley County police ask anyone with information about the crime to contact the RCPD or the Manhattan Riley County Crime Stoppers.

### Woman reportedly bites cop, charged with battery

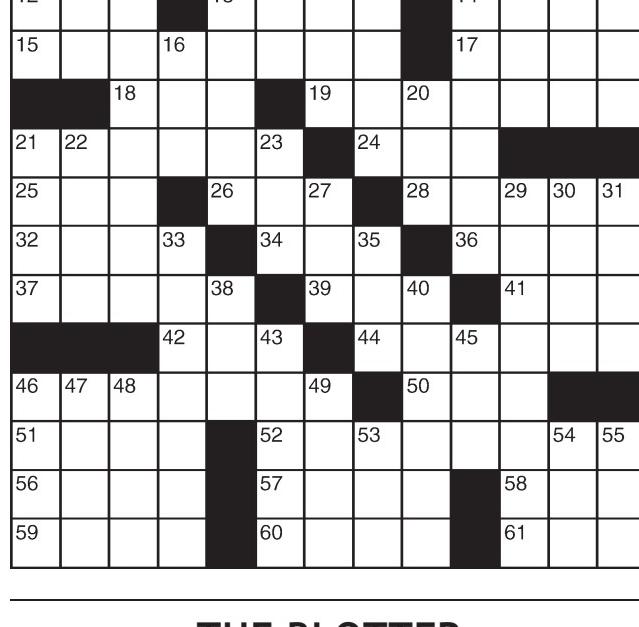
A Riley County officer suffered injuries while attempting to arrest a Manhattan woman in the afternoon of Sept. 24. Nantine Chorbi, 48, had a warrant for failing to appear at court for a previous theft charge. According to the police report, the arresting officer was allegedly bit and scratched by Chorbi when the arrest was carried out. Chorbi is being charged with battery on a law enforcement officer and interference with arrest.



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## THE BLOTER

### ARREST REPORTS

Tuesday, Sept. 24

**Nantinee Chorbi**, of the 500 block of Moro Street, was booked for failure to appear, battery against a law enforcement officer and misdemeanor obstruction of the legal process. Bond was set at \$3,750.

**Terrell Bernard Brooks**, of the 2100 block of Walnut Drive, was booked for failure to appear. Bond was set at \$2,000.

**John Richard Heritage**, of the 1000 block of Mill Valley Circle, was booked for driving under the influence. Bond was set at \$750.

**Stanford Alexander Kizer**, of the 1500 block of Humboldt Street, was booked for driving with a canceled, suspended or revoked license. Bond was set at \$1,500.

**Zackary Ryan Vannos**

9-26

CRYPTOQUIP

M G H G A A W V Z H E M L T Z M U  
L E H U G M U L B R L H B L M I J , Z  
R W Q Q G R L M U L M T G X L R M Q E I R

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Today's Cryptoquip Clue: M equals T

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The Fourum is a quirky view of campus life in voices from the K-State community. Positive and humorous comments are selected for publication by the Collegian marketing staff.

I like to cuddle!

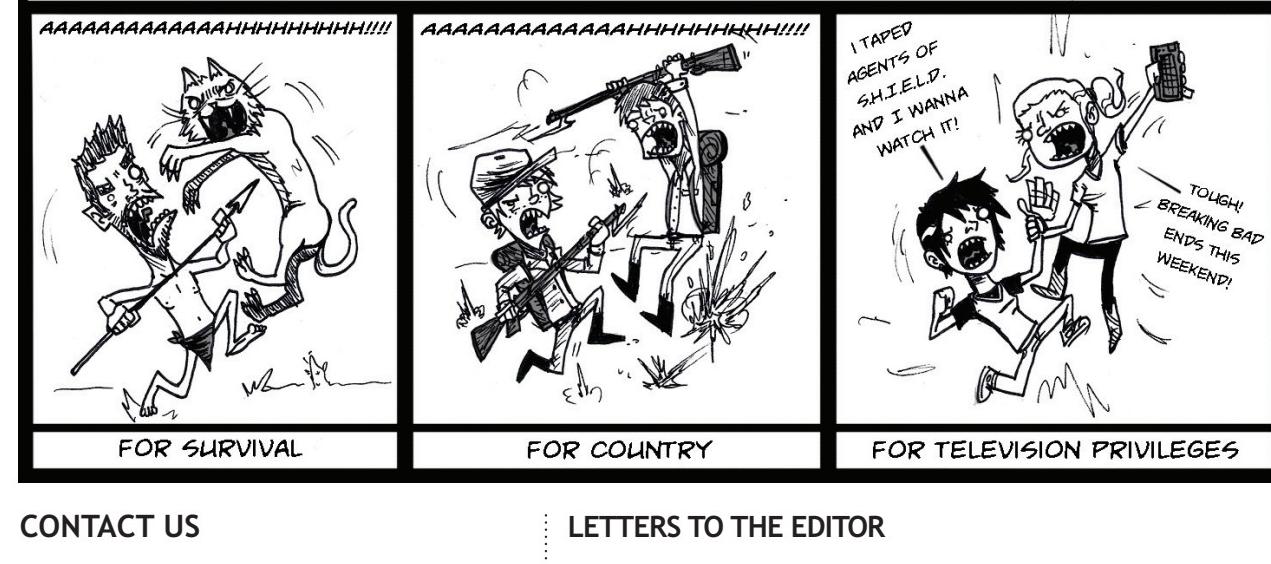
I'll take you up on that cuddle.

In response to the person wanting to party with us (the guys with the pool table in the garage on 10th and Moro): come on over!

The Collegian > The High Schoolian

Editor's note: To submit your Fourum contribution, call or text 785-260-0207 or email [thefourum@kstatecollegian.com](mailto:thefourum@kstatecollegian.com). Your email address or phone number is logged but not published.

## For the Win | By Parker Wilhelm



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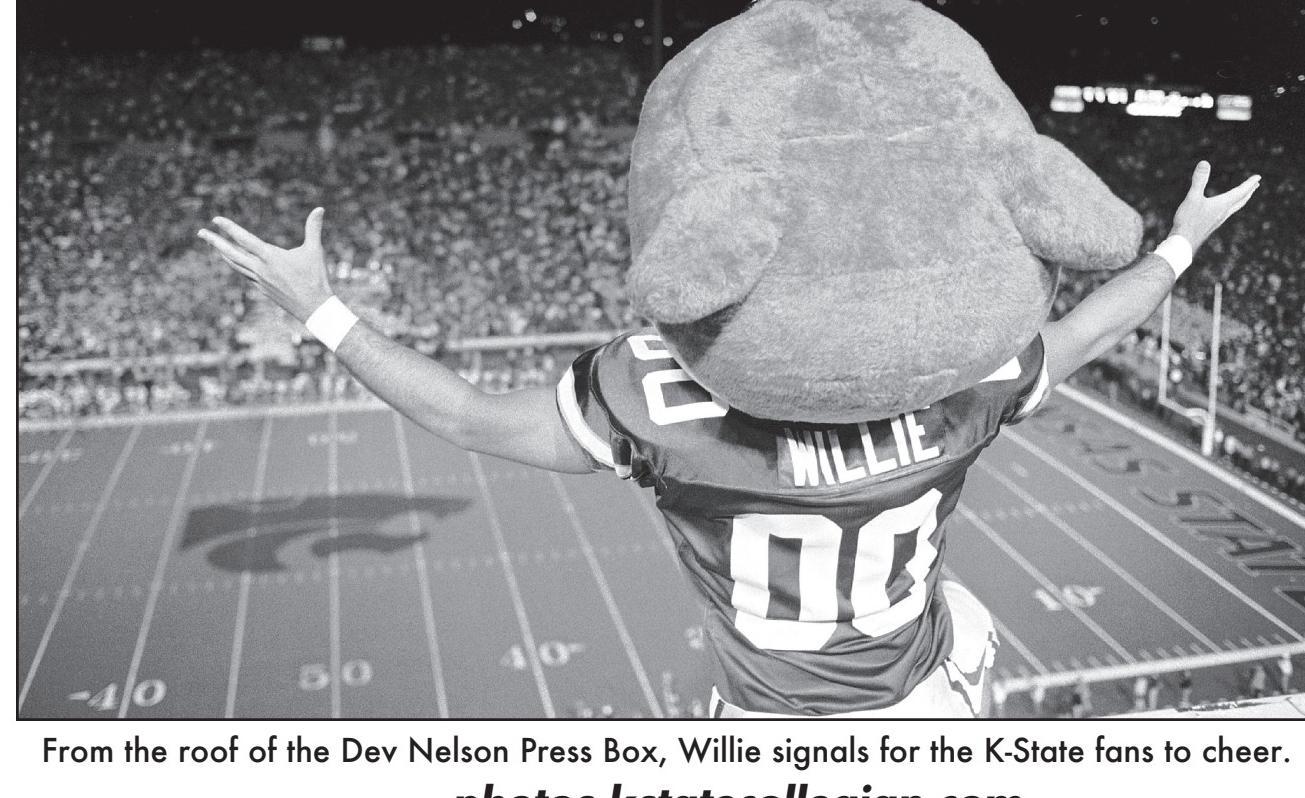
All weather information courtesy of the National Weather Service. For up-to-date forecasts, visit [nws.noaa.gov](http://nws.noaa.gov).

## KenKen | Medium

Use numbers 1-4 in each row and column without repeating. The numbers in each outlined area must combine to produce the target number in each area using the mathematical operation indicated.



Check out the Religion Directory every Friday



From the roof of the Dev Nelson Press Box, Willie signals for the K-State fans to cheer.

[photos.kstatecollegian.com](http://photos.kstatecollegian.com)

## Dress pants required: the art of modern interviewing

Jena Sauber  
video editor

He was prepared, polished and professional. And then he stood up.

"He looked very professional from the waist up, but when he got up, you could see that he had shorts on," said Kerri Day Keller, director of career and employment services, speaking about one of her own professional video conferencing experiences.

"Modern interviewing," the trend of companies conducting job interviews over video conferencing systems, is on the rise. According to Forbes, approximately 60 percent of employers are conducting interviews over Internet chat programs, such as Skype.

"We've been seeing a gradual increase over the last couple of years," Keller said. "It's an advantage for students because they can bridge the miles and access opportunities that are out of this region by being willing to communicate out of this region. It is also preferable over a phone interview because we know a lot is conveyed through body language. That makes it a richer experience."

Adding the visual element to distance interviews means being conscious of body language and presentation, Keller said. She also said people probably need to put in a little extra energy. Not to say one should jump across the table, but an interviewee is going to have to show some extra spunk.

"You aren't going to get a lot of energy back from that monitor in front of you," Keller said.

According to Jo Brunner, workforce services supervisor for the Manhattan and Junction City Workforce Center, preparing for a virtual interview is similar to preparing for a traditional interview.



"I think they should prepare the same way they do for any other interview," Brunner said. "We always explain that people should read over the job description, research the company and become very familiar with behavioral based questions."

Keller said candidates should also put consideration into where they conduct the virtual interview.

"You need to approach it just as if you were coming into CES and meeting that person, in person. Dress professionally and act appropriately," Keller said.

Brunner also suggested finding a quiet place for online interviews.

"Look at what people are going to see when they see you," she said. "You don't want to have inappropriate things in the picture. Pick a quiet place where you won't be disturbed."

### Not all positive

To Keller, although the video inter-

view experience can be better than a phone interview, it doesn't compare to a live interview.

"You still aren't going to get that hand shake or the personal interaction that can be a big part of making a good first impression," Keller said.

Not having the proper technology can also cause problems during a virtual interview.

"The technology can sometimes cause a little bit of interference," Keller said. "If technology isn't working smoothly, that can be frustrating for both the interviewer and the interviewee."

Keller recommends that students visit Career and Employment Services to prepare for virtual interviews.

"We have begun trying to make some accommodations for students to utilize our space," she said. "We typically have a pretty good internet access, and a quiet space where students can either tape or have a live

interview."

### Practical application

The Workforce Center hosts "virtual job fairs" to help connect job seekers with potential employers without traveling the miles. Company representatives speak to interested applicants before taking online applications.

"They can be hired without ever being face-to-face with them in person," Keller said. "They have been pretty popular."

Civic Plus, a company that specializes in designing websites for city and county governments, is one Manhattan company that conducts digital interviews.

"We get quite a few applicants, so we use Spark Hire," Tara Greskoviak, director of human relations at Civic Plus, said. "It saves us time and money."

Spark Hire is an online video and resume program that allows can-

didates to record their answers to up to ten interview questions. Users can re-record their responses before submitting the video. At Civic Plus, candidates who do well on the video interview are invited to an in-person interview.

Civic Plus started using the program about five months ago. According to Greskoviak, the company hasn't had any problems using the online program.

A benefit of Civic Plus' virtual interview process is that interviews can be saved and reviewed by multiple people, Greskoviak said. It also saves time and money for both the candidate and company.

"It saves expenses in flights and lodging costs," Greskoviak said. "And then, the candidate doesn't have to travel, either. They still get to speak to us and get a better feel for our company without traveling so far."

### Future of interviewing

Greskoviak said she is confident that virtual interviewing will continue to increase.

"I think virtual interviews is the way it's going, it's the future," Greskoviak said. "Especially as people tighten their budgets and don't have the funds to fly people in and lodge them and everything. This is a tool where, right off the bat, you can get a better feel for them."

Keller said she agreed with Greskoviak. Career and Employment Services is adapting their services to help reflect what they feel is the future of interviewing.

"I would say we are doing more coaching of students for how to prepare for something like a video interview," Keller said. "I think it's something that is only going to increase for our students."

## Bills don't have to break bank: Cutting down energy and water bills



Making sure you turn off the lights on your way out of the room is an easy and efficient way to save a little money.



Living on your own in college isn't cheap. Rent and bills only pile onto the costs of tuition, books and privilege fees. Plus it's always nice to have some extra pocket money. So here are some simple, everyday ways to cut out some of the expenses in those pricey electric and water bills.

**1. Manage the temperature**  
Research conducted by the U.S. Energy Information Administration in 2009 indicated that roughly 42 percent of electricity consumed in a residence is used for heating or cooling the house.

A general rule of thumb is that every time you raise or lower the temperature in your apartment by

one degree, it makes a 1 percent difference on your energy bill," Ben Champion, K-State director of sustainability, said. "This cost can be decreased instantly by turning off the air conditioner and opening windows on more pleasant days."

According to consumerenergy.com, using an extra blanket while you sleep as opposed to turning the heat up is an excellent way to save on heating expenses. During colder months, check for and block air leakages such as unused sockets, cracks, crevices on window frames and skirting boards that allow for hot air to escape.

"You don't always need to make big changes to save on energy," Champion said. "A lot of the time it's the little things that will add up and end up saving you more money."

**2. Turn off the TV**  
When it comes to saving on electric bills, the easiest and most efficient way to cut costs is by unplugging appliances when not in use. When plugged in, appliances – especially DVRs and

TVs – continue to use energy even after the off button is pushed. In reality the off button does nothing but put the electronic device on standby, and while turning off each individual appliance can be annoying, not doing so is racking up the electricity bill.

However, there is an simple fix. Plugging electronic devices into a power strip with surge protection makes it easy to unplug everything at once. This reduces the amount of time and effort it takes to make sure the house is completely shut down at the end of the day.

According to "Standby Power," a project of the Lawrence Berkeley National Laboratory dedicated to providing information on appliances on standby power and technologies to reduce it, around five percent of electricity spent on appliances is used to power them when on standby. Completely turning off these appliances could lead to savings between \$10 to \$15 on a \$100 electric bill.

**3. Making the simple switches**  
According to Design Recycle

Inc., switching from the regular incandescent light bulbs to compact fluorescent bulbs can save you approximately \$300 per year on energy bills.

"When buying products, it's always good to check for the Energy Star ratings and buy more efficient products," Champion said.

A lot of money can be saved on energy bills by simply switching to products that use energy more efficiently.

"Compact fluorescent bulbs are more expensive than regular light bulbs but consume 70 percent less energy, so the savings are visible

pretty soon," Champion said.

### 4. Using the dishwasher

Washing dishes by hand is a waste of both time and money.

You can actually save more than \$40 per year by using a dishwasher when doing the house's dishes.

According to Energy Star, a dishwasher can not only prevent you from spending more than 230 hours per year at the sink, but also save you more than \$40 a year in energy costs.

Recent versions of dishwashers are not only more effective at cleaning a large number of dishes

at the same time, but are also able to do so using less water than it would take to individually wash, scrub and rinse the dishes. In turn, this saves more than 5,000 gallons of water per year.

None of these changes, except installing a dishwasher if a house lacks one already, take up too much time or effort to put into practice. And even if it seems like a waste of time, not doing so is an even bigger waste on your wallet.

Som Kandlur is a sophomore in business administration. Please send all comments to edge.kstatecollegian.com.

**Thursday, September 26, 2013**



## Armwrestling Championships

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# HEAD2HEAD

## NCAA becoming too lenient too soon with Penn State



Spencer Low

On July 23 of last year, the NCAA levied unprecedented sanctions against Penn State following the horror show that was the Jerry Sandusky case. Now, just over one year later, the NCAA has decided that the sanctions should be scaled back. The Penn State football program will have 75 scholarships in 2014 as opposed to the 65 they were supposed to have as a part of the sanctions. They will also have 80 scholarships in 2015 and the full allotment of 85 in 2016.

NCAA president Mark Emmert announced that Penn State was doing much better now, and that this is a recognition of the progress the university has made.

I sure hope they have made some serious progress. I sure hope that what was happening there is no longer happening. I sure hope that nothing even close to that is happening anywhere else in the world.

Last year, we all saw the complete breakdown of the hierarchy that is supposed to step in and end wrongdoings by school officials. Instead, football was placed above the law, above morals and above common sense, when respected men in the world of football and academia both decided not to go to the authorities regarding one of their employee's heinous acts.

There is no way they could not have made progress, because where Penn State was a few years ago was the bottom of the barrel.

But this is not about discussing what Penn State did wrong, that has been discussed plenty. This is about the NCAA's step back, and why they made the wrong move. Yes, the NCAA's punishment was unprecedented and incredibly harsh. So was the crime.

There is no way that Penn State was not going to improve, but to reward them now says that even the worst of crimes can be overcome in 14 months. 14 months is not long enough. Three years was long enough.

The \$60 million fine, the vacated wins, the postseason ban and the reduced scholarships were a message that allowing football to be placed above the law would not be tolerated again. It takes a resolute person to hand down a strict punishment, and abide by it for

the duration of the punishment in order to send a clear message. Emmert is not standing resolute, but he is sending a clear message of "if you mess up, you're in trouble, but not for too long."

I have tried to live my life by the motto of forgive and forget. Moving on is important, and letting bad feelings over past wrongdoings fester can cause a lot of harm down the road.

But the point of sanctions that last for years is to ensure that no one should forget. None of us, and especially no university officials anywhere should ever forget what happens to schools who put football on a pedestal.

The idea behind unprecedented sanctions is to send a message that will continue to resonate for long after the verdict is handed down. The NCAA needed to stand resolute on this matter, and they dropped the ball.

The NCAA caught a lot of flack over the summer for what many perceived as letting Johnny Manziel off the hook. This was their chance to show that they have teeth, that they can make people face the music. Instead they bowed to the pressure to alleviate the penalties. While a lot is tolerated in the name of football at universities across the nation, this was supposed to be the line.

The NCAA is not done with this either. While they maintained that Penn State would not be bowl eligible this season, they stated that more reductions would be considered around this time next year. This is a perfect example of how not to stand strong on an issue.

Forgiveness is important, but it is not the NCAA's place to forgive Penn State. Their place is to say, loud and clear, that football is not the king. Rules are rules, and what Penn State did is an insult to rules. It is an insult to leadership. They deserve what was given to them, and rewarding them for doing what was required of them makes no sense.

Spencer Low is a senior in political science. Please send comments to sports.kstatecollegian.com.

Courtesy of The Daily Collegian  
Penn State head coach Bill O'Brien

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Ogden Friendship House is a ministry of the United Methodist Church to, with, and for the community of Ogden. Ministries include food, clothing, and after-school programs.

## NCAA excessive, lengthy Penn State penalties unfair



Emilio Rivera

The recent choice by the NCAA to reduce the sanctions on Penn State is a good start to correct a huge wrong. They are going to start giving five football scholarships a year back to the football program. There is no denying that what Jerry Sandusky did was horrendous, but the amount of sanctions that were laid onto the Nittany Lion program was insane.

The NCAA originally charged the university \$60 million, vacated all of Penn State's wins from 1998-2011, took away 15 scholarships a year, bringing the total down to 70, and banned Penn State from the postseason for five years. I say the NCAA needs to totally revoke the scholarship reduction and post-season ban altogether, and let this team begin anew.

Right after the sanctions were declared, the NCAA vacated all of the wins of Joe Paterno from 1998 to 2011, a total of 111 wins. This stained the legacy of Paterno, who died a few months after he was fired. The problem with this is that

Sandusky only served on the staff until the end of the 1999 season, so why not punish the team by taking away all the wins starting from when he began coaching at Penn State in 1969 until he retired in 1999? Under the current penalty, the vacated wins are seen as a shot at Paterno.

The \$60 million that the university is paying is going into a fund that is helping victims of sexual abuse across the country, which is a good practice. But, when you take that fine and add it to the already falling attendance rates at games and the loss of bowl, television and sponsor money, the fine will add up to be a lot more than \$60 million and it will hurt that athletic department seriously. The fine is taking away from money that the athletic program could be using to repair the damage that Sandusky did to the program.

Now, trying to rebuild a team when you have 15 less scholarships a year to work with is difficult, but when you add that the sanctions that allowed former players to transfer to any school and play immediately, it became nearly impossible. Now, because of the reduced sanctions, the football program is getting five more scholarships per year until the 2015 season. This will make it easier to get the team competitive again. Nittany Lions head coach Bill O'Brien's job shouldn't have had to be that hard to begin with.

Being competitive brings up another point, what player wants to go to a school where he has absolutely no chance to compete for a national — or even a conference — championship? That might have been the deepest stab to the heart of the Penn State program. Trying to recruit on a limited scholarship basis is one thing, but trying to recruit and appeal to teenagers who want to be champions is a different story.

This begs a huge point, why is the NCAA trying to punish a program and affect a program for the foreseeable future because of the actions

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STAY UP-TO-DATE

# Analyzing K-State Athletics department budget



Parker Robb | Collegian

K-State athletic director John Currie (left) and Big 12 commissioner Bob Bowlsby (right) give a press conference at K-State Football Media Days on Aug. 5, 2013.

**Sean Frye**  
sports editor

When John Currie took his position as K-State's athletic director in 2009, he walked into an athletic department facing a \$2 million projected budget deficit. Facilities across campus paled in comparison to other schools in the Big 12, and the school was dealing with the fallout from the firing of former head football coach Ron Prince.

Despite the obstacles facing the department in Currie's first year, he turned that projected deficit into a \$5 million surplus. Then in 2012, ESPN named K-State the most profitable athletic department in the country in Fiscal Year 2011 with a \$20.1 million surplus. That beat out traditional Big 12 powers Texas and Oklahoma, which profited \$16.6 million and \$9.9 million respectively.

"We've had a budget surplus four years in a row," Currie said. "And that's an expectation. That's not a goal. We'll have it balanced and have a surplus again in the 2014 fiscal year."

What's been even more impressive about the financial successes of the K-State athletic department since Currie arrived is that he has been able to operate in a surplus while eliminating direct state and university funds. The only money that the university now gives to the athletic department is \$500,000, which comes from student fees and is used to pay student employees.

"We've had a budget surplus four years in a row," Currie said. "And that's an expectation. That's not a goal. We'll have it balanced and have a surplus again in the 2014 fiscal year."

Currie and his department faced \$5.4 million in inherited debt back in 2009. That included the controversial settlement with Prince, who was paid \$1.65 million after his firing. K-State had sued the former coach after it was

revealed that former athletic director Bob Krause and Prince had made a secret deal to pay Prince \$3.2 million over 10 years.

"We had an inherited commitment to Coach [Ron] Prince and inherited commitment to a couple other people and then a debt for a university airplane that we've covered," Currie said.

Currie said that getting those debts covered is one of his core values when it comes to running the athletic department.

"An important part of value to university, community and state is that K-State students, and the Kansas State community, and the Manhattan community, can enjoy the benefits of a high profile intercollegiate athletics program ... without having to subsidize a program with millions and millions of dollars like other schools do around the country and even around our conference," Currie said.

Now in Fiscal Year 2014, the athletic department has a \$60,010,572 operating budget, a nearly \$2 million increase from a year before.

#### Revenues

The biggest source of income for the athletic department are combined payouts from the Big 12 and NCAA. The projected income for those payouts in Fiscal Year 2014 is \$21 million, which represents 34.99 percent of the overall operating budget.

Most of the income from the Big 12, according to Currie, comes from television contracts.

"The Big 12 streams are primarily media contracts with Fox and ESPN," Currie said. "Then our NCAA basketball collective units, that are earned by the teams that have made the tournament over the last six years. It's a rolling

average of units."

Other income from the NCAA includes payouts based on the number of student-athletes the department has.

"You get a little bit based upon the number of scholarships you offer and sports you offer," Currie said. "You also get student assistance fund money from the NCAA, which is also formula-based deal. Which is money that can be used to provide extra cost of living needs for student athletes."

Currie said that K-State is able to use money from the NCAA to take care of student athletes who have to deal with various tragedies in their lives.

"If a student athlete has a loved one that dies and we need to fly them home for a funeral, we pay for that," Currie said. "We can pay for that for the athlete out of the student assistance fund."

The associate athletic director for business administration, Bruce Shubert, said that planning out the incomes from the Big 12 and NCAA is a huge part of the budgeting process, a year-round process that picks up around March prior to each fiscal year.

"We always try to look out ahead several years and at least are trying to understand what the NCAA and conference revenue streams are going to look like," Shubert said. "What ticket sales are looking like, what fundraising is looking like. We're looking to two to three years out ahead."

The second biggest contributor to the Fiscal Year 2014 operating budget is donor gifts from the Ahearn Fund, which stands at \$16 million and represents 26.66 percent of projected revenues.

Drumming up donor support has been one of Currie's biggest goals since taking over for Krause.

"We've increased our annual giving significantly, and annual giving would be gifts to the Ahearn Fund," Currie said. "Our national leadership circle has been a big part of our success. We now have 399 people that give more than \$10,000 a year to K-State Athletics. Those people come from 19 different states."

The year prior to Currie's arrival, there were around 5,400 annual contributors to K-State Athletics. Last year, with efforts being made by Currie and his staff, that number has grown to 9,531.

"It is truly a grassroots deal," Currie said. "We had gifts this last year from \$50 to \$5,000,000. We only had one \$5,000,000 gift, but we had a bunch of \$50 gifts. And all the support from the Ahearn Fund really assists K-State Athletics."

Currie said he credits his staff, which includes senior associate athletic director for development Chad Weiberg and executive associate athletic director Laird Veatch, for securing the annual contributions.

"From our development staff standpoint, our staff really hustles," Currie said.

"The entire staff, those guys really hustle and make thousands of personal calls and build personal relationships with all of our Ahearn Fund members across the state and around the country."

Ticket sales are also a huge

revenue stream for the department, making up 24.47 percent of the operating budget.

A projected \$10.8 million alone comes from football ticket sales. Men's basketball is budgeted for \$3.5 million while every other sport will likely bring in less than half a million combined.

The \$3.5 million that comes from ticket sales for men's basketball is the same from the previous fiscal year. According to Currie, that's because Bramlage Coliseum has been sold out for those events and ticket prices are remaining the same.

"Our ticket prices are the same, and we've been sold out for the last couple years," Currie said. "So we kind of hit a ceiling there on where we can grow. We've really kind of tapped out the ticket thing."

Maintaining affordable prices for season tickets is one of Currie's biggest concerns.

"We've got to be very careful with our price points in all of our sports," Currie said.

He added, "We also have intentionally, from day one, tried to provide a variety of access points. We are the state university of Kansas, and we do serve the entire state. So we have people coming into our stadiums who make minimum wage, and we've got people coming in who are millionaires. And we want all of them to have an opportunity and an access point to be part of the K-State family."

Probably one of the biggest reasons that the athletic department has kept ticket prices stable while still increasing its operating budget annually is because other revenue streams have grown dramatically.

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# IMPROVE U

STYLE • BEAUTY • HEALTH  
edition

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the collegian

thursday, september 26, 2013

## Dessert recipes that are both delicious, healthy



Patrick White

Desserts, while delicious, can also be incredibly fattening and unhealthy. However, there is an alternative. Here are a few recipes for healthier, and equally tasty, desserts to make the search a little less difficult.

### Homemade Sherbet

★★★★★

**Homemade Sherbet**  
1 ripe cantaloupe, peeled and chopped  
1/3 cup of sugar  
2 tablespoons lemon juice  
2 teaspoons unflavored gelatin  
1/4 cup cold water  
8 ounces vanilla yogurt  
**Nutritional information:** 93 calories for about three scoops

Cut the cantaloupe in half and remove the seeds. Cut the

cantaloupe into eighths, after removing the seeds, and chop the cantaloupe into smaller sections. A melon baller works too. Chop the rind off and chop up the cantaloupe.

Place the sugar, lemon juice and cantaloupe in the blender and let 'em have it until the mixture is smooth. Put the water and unflavored gelatin in a small saucepan and heat for about four minutes until the gelatin dissolves. Pour the mixture into the blender along with the yogurt and give it a whirl. Pour the blender's contents into an eight inch square pan and freeze it until it's almost firm. Take it out and put it in a mixing bowl.

Next, get beaters or a mixing spoon and beat the mixture until its fluffy. Then, it's back to the freezer until it's completely firm. Remove from freezer and enjoy. I would give this recipe 3 out of 5 stars. It's not that it tastes bad, but the waiting time kills the easiness of making it.

If sherbet is not your thing, or if freezing the recipe twice is too much work and wait time, don't worry. There are other recipes.

### Interesting Parfait

★★★★★

#### Interesting Parfait

The Interesting Parfait was another recipe I found that might make others taste buds water. The moniker "interesting" definitely suits this recipe, as even though I made it wrong, it still turned out rather tasty.

*1 cup plain yogurt  
2 3.5 ounce containers vanilla pudding  
2 tablespoons of lemon curd  
1/2 teaspoon vanilla extract  
2 tablespoons honey  
zest of one lemon  
1 tablespoon lemon juice  
3 cups mixed berries (I used strawberries and raspberries but any berry mixture works)*

**Nutritional information:** 176 calories, 153 milligrams calcium, 2 grams fat

The first step is mixing the yogurt, pudding, lemon curd and vanilla extract together. Remember how I said I did it wrong? Well, instead of pudding I used instant pudding mix instead of actual pudding. The parfait part of the berry parfait didn't come out as thick as the actual recipe was supposed to, but it still worked. It came out on the sweet side, so you might want to stick to the recipe. The instant pudding mix by itself works, though.

Next, make a little syrup for

the berries. In a separate bowl, combine the honey, lemon zest and lemon juice. Lemon zest is the yellow part of the lemon peel. To remove the zest, use a zester or cheese grater and grind away, but stop when the yellow part of the peel is gone. After mixing all of those ingredients together, add the berries. Be careful not to mash the berries up when stirring them with the syrup.

To finish, just layer the components into a cup. First parfait, then berries, then parfait again and berries on top. The recipe makes enough for four servings. I give this recipe five out of five stars. It's a recipe one can't really mess up, but even if or when you do mess it up, it still tastes wonderful.

Here is my favorite recipe of the three:

### Pears and Homemade Apple Sauce

★★★★★

#### Pears and Homemade Apple Sauce

*2 large pears  
2 teaspoons sugar  
1/4 teaspoon cinnamon  
1/4 cup dried cranberries or*

**dried mixed fruit**  
1/4 granola  
1/4 cup apple juice or apple juice concentrate

**Nutritional information:** 176 calories, 2 grams fat, 78 milligrams calcium

Peel the pears and chop them in half. Remove the core and seeds. Put the halves so they are like cups into a glass pie plate. Then mix the sugar and cinnamon before dusting the mixture over the pears.

Combine the cranberries (or mixed fruit) and granola into the hollows of the pears. Pour the apple juice into and around the pears. I just used a can of concentrate, it brings the flavor out better. Cover with a paper plate and cook on high in the microwave for six to eight minutes.

After microwaving, the pears are nice and tender, and the apple juice jumps out with the cinnamon twist. This dish can be served with a side scoop of ice cream or frozen yogurt, but it's also fine by itself. Plus, this is a great way to get granola into your day. I would highly recommend this recipe with a strong five out of five star rating.

Patrick White is senior in mass communications. Please send comments to edge@kstatecollegian.com

## No-cook meals provide an option for college students on the go



Patrick White

Not many people have time to cook full meals while in college. Students have to deal with class, work, studying and many other things in their day-to-day lives. With the stresses of busy schedules, finding ways to avoid spending a lot of time over the stove can be a welcome discovery.

Here are some cool recipes that do not require cooking for one to enjoy them.

The simplest breakfast could be a bagel or it could be a smoothie. But, here are two recipes that make for a variation from traditional breakfast foods.

### Banana Peanut Butter Butter Smoothie

★★★★★

#### Banana Peanut Butter Smoothie

*1 banana, peeled and chopped  
10 fluid ounces milk  
1 tablespoon peanut butter  
**Nutrition facts:** 303 calories, 9 grams fat, 45 grams carbohydrate, 4 grams fiber, 16 grams protein*

Peel and cut up the banana, adding it along with everything else into the blender. Mix until completely blended.

This smoothie should be called "bland soup-flavored peanut butter." Others might like this recipe, but for me, it was horrible. I give this a very reluctantly one out of five stars.

Then, I found this next smoothie recipe with kiwis. It requires a little more prep work, since the kiwis must be peeled, but it's worth it. You can almost cut the kiwi in half and just scoop the fruit out the peel with a spoon.

### Banana Kiwi Smoothie

★★★★★

#### Banana Kiwi Smoothie

*1 banana, peeled and chopped  
1 kiwi, peeled and chopped  
1 cup plain yogurt  
1/2 cup ice cubes  
**Nutrition facts:** 155 calories, 2 grams fat, 28 grams carbohydrate, 3 grams fiber, 7 grams protein*

Now, you can make it this way but just as a warning, it has a major bite to it because of the tartness of the kiwi. The recipe says you can add one to two teaspoons of maple syrup for flavor, and to try and cut the sharp taste down, but the same amount of regular sugar will work, too. Since this one is frothy and tasty the way a smoothie should be, the banana kiwi recipe receives four out of five stars.

That takes care of breakfast, now how about lunch? Let's start with a salad.

I found this recipe for Waldorf Salad that is almost as easy as the smoothies. The amount of ingredients varies, as it depends on how many people you plan on serving. I was making this for a large group of people, so the amount of ingredients I used

is skewed. But one can just as easily scale down the recipe by cutting the amounts in half. This recipe serves six.

### Waldorf Salad

★★★★★

*4 apples, cored and chopped  
3 stalks celery, chopped  
1/3 cup walnuts  
1/2 cup plain yogurt  
1/3 cup raisins  
**Nutrition facts:** 145 calories, 5.4 grams fat, 341 milligrams potassium, 3.9 grams fiber, 2.8 grams protein*

Everything just goes into a bowl. You don't need the full amount of yogurt. All you are doing is coating the food so it doesn't dry out while you eat it or when you store it. Just add a soup spoonful as needed and mix everything together.

You really don't need to make this recipe this big unless you're cooking for all of your roommates or want the leftovers for future meals. I've

been told that one should try adding some vinegar to the yogurt, but I haven't tried it. It's just as good without, but this Waldorf Salad recipe is a suggestion I'm passing along. Four out of five stars.

On dinner.

This recipe calls for one of my perennial favorites, wraps. Lots of wrap recipes call for a slathering of guacamole, horseradish or cream cheese. While all of those sound good, they are overdone. All one is really getting are empty calories and sodium. Lots and lots of sodium, especially in the recipes that call for guacamole, jalapeños and other peppers. This recipe is much simpler.

### Wrap Sandwich

★★★★★

#### Wrap sandwich

*1 tortilla (flour or wheat)  
2 slices cheese  
2 slices meat  
lettuce chopped or in leaves  
one dollop ranch dressing  
**Nutritional facts:** 420 calories, 15 grams protein,*

### 32 grams carbs

I also had some leftover chopped celery so I put that in, too. The crunch from the celery is fantastic. As for the ranch dressing, a dollop or just a small spoonful will do.

What you'll do is use that spoonful of ranch to spread the dressing all over the food side of the tortilla. Why the small amount? Because what everyone fails to take into account is that when you roll it up you'll be tasting it twice, so a little goes a long way. Place all of the ingredients onto the tortilla and wrap it up.

The thing to be careful about here is how much sodium one ends up putting into this recipe. If one is not careful, an entire daily dose can end up in this one meal, especially with the meat and the tortilla itself. Remember to check the nutritional information on all ingredients involved in the recipe.

I give this recipe five out of five stars.

Patrick White is senior in mass communications. Please send comments to edge@kstatecollegian.com

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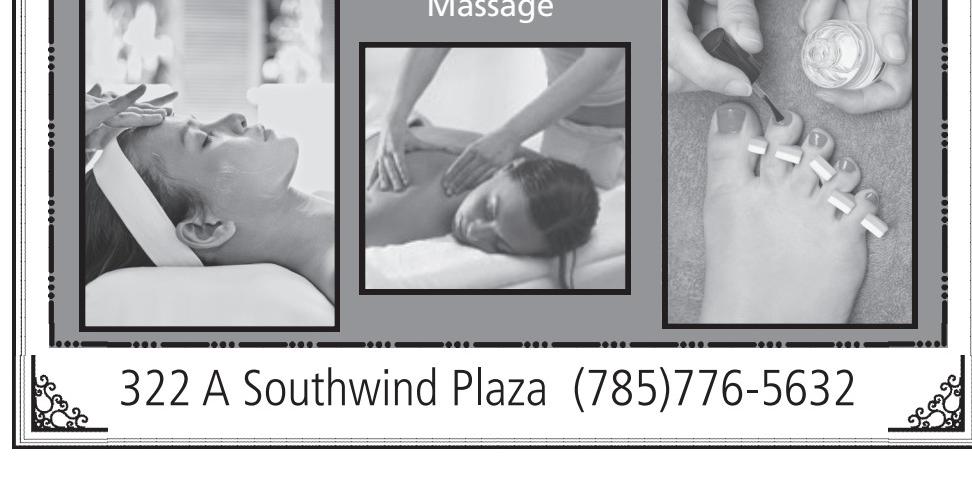
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# IMPROVE U

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## Sick season arriving fast; mixed reviews on flu shot



Cheyanna Colborn  
contributing writer

Sick season is upon us. Lecture halls and classrooms fill with the near-constant racket of multiple individuals sniffing, coughing or sneezing. And there is almost always that one individual who has the most peculiar sneeze — the one that continually disrupts the learning environment with an almost booming noise.

Ladies and gentlemen, cold and flu season has arrived.

"Besides washing hands, flu shots are the best way to protect yourself against getting sick," said Julie Gibbs, director of health promotion at Lafene Health Center.

Many feel that flu shots are the best, if not the only, way to go, if an individual wants to ward off influenza. But, others have decided it is best if they avoid the shots altogether.

Andrew Harkins, freshman in kinesiology, said that he now depends solely on washing his hands as a preventative method against sickness.

"I used to get deathly sick and miss school for two weeks every year until I stopped getting the flu shot," Harkins said.

Though it is common to have a slight fever a few days following the injection, people generally do not get sick from the shot specifically. The illness can be brought on from a combination of things. The strands of the virus that are injected are not living, so the dead virus cannot cause someone to become suddenly ill.

People can have reactions to flu shots if they have an allergy to eggs or one of the other components in the injection. People who have a reaction to shots specifically, not just a flu shot, may feel faint or weak.

"There is a misconception that people get sick from the flu shot," Gibbs said. "Typically, someone is exposed [to a virus] prior to their shot and symptoms come on following the shot."

Brianne Pierce, senior in microbiology, said she believes getting influenza is a far bigger risk than getting sick from a flu shot.

"Influenza can lead to hospitalization and possibly death," Pierce said. "Getting the vaccine also keeps the virus from spreading to others."

While the flu shot may not specifically cause people to get sick, it does not protect against all illnesses either.

"The composition of the flu shot is completed by the Centers for Disease Control and Prevention each year based on what viruses they predict for the upcoming flu season," said Kristin Badders, pharmacy manager at Walgreens Pharmacy on Bluemont Avenue.

Badders explained that the body will develop an immunity to the strains within the shot. Some shots have three strains, some have four. When that particular flu starts getting passed around, the person who received an influenza injection already has immunity to the viruses.

A flu shot will be the same geographically, whether a person gets it in New York City, California or Kansas, because the CDC sets the standards for the vaccination.

Though an influenza vaccination is one

SICK | pg. 10

Photo Illustration | Parker Robb  
Sick season, including the sniffly noses that go along with colds, is beginning to arrive just five weeks into the semester. Ways to prevent the spreading of viruses responsible for colds and the flu include hand washing and getting the annual flu vaccination.

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## Binge viewing product, downfall of instant streaming capabilities



Photo Illustration | Parker Robb

There are both upsides and downsides to online streaming video when it comes to education. One downside is that students' favorite shows lure them away from homework until the wee hours of the morning.

**Chase Fortune**  
staff writer

It's 2 a.m. on a Tuesday. With heavy eyes, you wake from a hypnotic daze to realize you've powered through an entire season of your favorite television series. Against your will you shut your media device, still craving more of the fantasy world you've been immersed in for the past eight hours.

Does this sound familiar? If so, don't feel too bad. You're not alone. Over the last several years, instant streaming sites such as Netflix, Hulu Plus, Amazon Prime and many other less popular sites have changed the way we view our favorite shows and movies.

No longer do you need to wait for your show to air at a certain time on some cable

giant's network. No longer do you need to fight the DVR to make sure it's recording on the right channel at the right time. Now, you can watch what you want, when you want it and on almost any media device you use.

And yet, could there be a downside to this new era of instant streaming? Don't get me wrong, I'm not bestowing judgment. I've relentlessly blazed through two seasons of "Game of Thrones" in a slightly more than 24-hour stint. However with the lure of instant and complete gratification, does it make time management harder for the busy student life?

When asked about the affect it has on her academic life Jessica Holloran, sophomore in public relations, said that she could see the correlation between the two.

"Yes it does [have an effect] because the longer I watch the shows, I feel less motivated to get my work done," Holloran said.

This topic has been the subject of interest in recent news, even bringing the debate down to the neurological level.

"We get into something akin to a trance with great storytelling," said Norman Doidge, psychiatrist and author of "The Brain That Changes Itself" during an interview with The Wall Street Journal on July 13.

He went on to explain that we make emotional connections with the characters we see, which leads us to continue the feeling. According to Doidge, long periods of viewing lead to, "a deeper virtual-reality experience of the narrative. It can seem

more real, from a neurological point of view."

While there is nothing wrong with being an avid Netflix or Hulu browser, could the easy accessibility and instant gratification they bring pose a potential distraction for students?

"I sometimes put off doing homework to watch an episode," Leah Smarsh, junior in human resources management, said.

Now, before we all go hit the unsubscribe button on our various streaming sites, let's venture to another side of instant streaming.

It's no secret that living on a college student's budget may leave your wallet a little tight, especially for that extra entertainment cash. But with many of the online streaming websites, most of which

charge \$10 or less a month, it's an affordable option for the student budget. Plus, it's easily accessible for that lazy Saturday night with the boyfriend or girlfriend, and a great way to relieve that post-exam stress.

Now, let's step back from video streaming as a form of entertainment and look at another one of its applications: education.

Streaming has not only changed the way we view television, movies and news; it's also beginning to challenge traditional education methods. Video streaming is now being integrated into classroom settings as a way to bring students and teachers together and enhance academic material. According to "The Impact of Broadcast and Streaming Video in Education"

tion" by Cisco from March 2012, on-demand video has been shown to impact grades and test performance through a large number of studies conducted by colleges and universities. Additionally, according to the same study, access to video content in the classroom encourages students to improve their problem solving skills through collaboration with others.

Opinions may differ on the subject of binge watching instant streaming material, but all we can say for sure is that online video streaming is changing the way we learn, entertain and interact with one another.

**Chase Fortune** is a junior in mass communications. Please send comments to [edge@kstatecollegian.com](mailto:edge@kstatecollegian.com).

## BLUE | Audience members volunteer, one becomes human paint brush

Continued from page 1

aggerations of real-world popular culture, like the massive iPads of act two. These were iPad-like devices larger than a man from which they could "share text with hundreds of your friends." As the trio walked in front of and around these set pieces they would become digitized and brought back to life, once again asking the audience to redefine the terms of how they think of real space and cyberspace.

But the show is not without its standard bearers. Appearances from PVC pipe organs, unique and bizarre instruments, and yes, even paint in a barrel drum, all made

their welcome display. Not to mention the visual gags and humor, and the mystery surrounding the act's end.

Some theatergoers were brought on stage and used as props or characters. Ryan Bates, Wamego resident, was sprayed with paint and used as a giant brush against a life-sized canvas.

"Yeah, I saw them in Orlando before, but this was a different show," Bates said.

Mike Heiverger, an attendee who had seen the show years before in Chicago, laughed at the numerous jokes throughout the production.

"I'd seen them once before, it was very interesting," Heiverger said. "They're great."

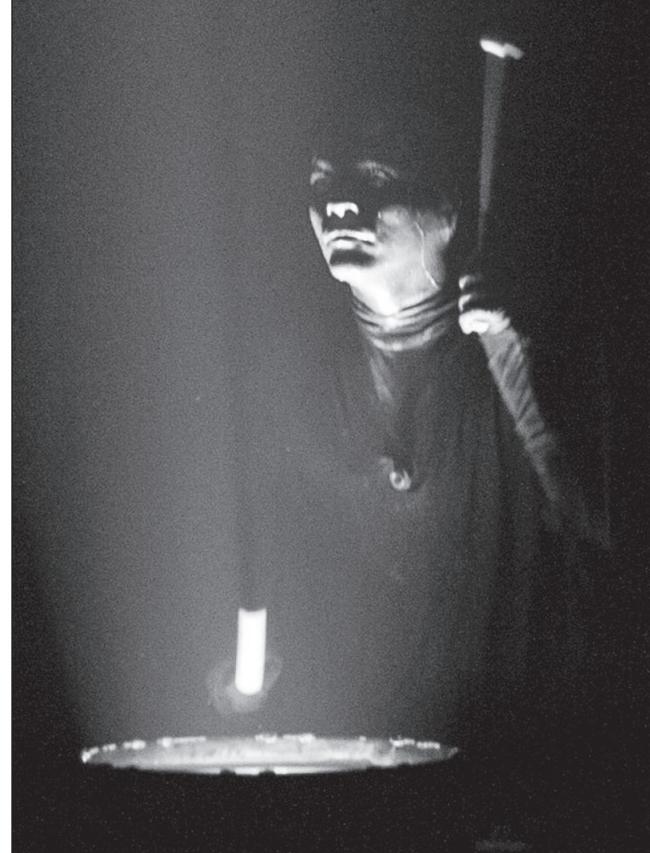


Lit up by a spotlight Wednesday night, a member of the Blue Man Group listens to an automated voice give instructions.



Emily DeShazer | Collegian

Crouching down to swing at a drum, one member of the Blue Man Group keeps the beat during Wednesday's show. The Blue Man Group will perform once again tonight at McCain.



Emily DeShazer | Collegian

Drumming in front of a large crowd at McCain, a member of the Blue Man Group performs under a spotlight Wednesday.

## BUDGET | Drawing up athletic department budget year-round process

**Continued from page 5**

early 2000s, that's part of our debt service," Currie said. "We also have a debt service responsibility associated with the construction of the baseball stadium and some other facilities' improvements in the early 2000s."

The construction of the Basketball Training Facility, which opened prior to last season, is also part of the department's debt service. Currie said that as donor pledges to the facility are paid off, K-State Athletics can pay off the bonds in just a few years.

"We have short-term bonds for the Basketball Training Facility that we will retire in the next couple years as pledges for that facility are paid," Currie said. "That facility was fully funded with Ahearn fund gifts and capital gifts, but in order to go ahead and build it, we took a short-term bond."

Bonds that were taken out to build the West Stadium Center at Bill Snyder Family Stadium are also part of the debt service. But those will be paid off with revenue generated by the center itself.

"The difference between the West Stadium Center and the basketball facility is that the West Stadium Center has revenue streams, and the basketball facility doesn't," Currie said. "Because the West Stadium Center has club seats, and suites, and stuff like that, so there are revenue streams associated with it."

According to Shubert, the bonds for the West Stadium Center are 20-year bonds, but that the bonds are callable after 10 years.

"In other words, if things are going great we can retire them early," Shubert said. "We got pretty good interest rates, so we'll have to look and see what makes the most financial sense

at that point in time."

Another interesting expense that K-State Athletics has to deal with annually are game guarantees, which is money paid to schools to come and play K-State.

North Dakota State, the FCS team that beat K-State in Week 1, was paid \$350,000 to appear. UMass, who K-State beat 37-7 in Week 3, was paid \$750,000.

"\$1.2 million of [game guarantee] expense is football," Currie said. "More of it's football. But it's \$600,000 for men's and women's basketball, and there's some for baseball too."

Currie also added that game guarantees, particularly in basketball, are a way that higher profile schools help out less notable ones.

"So game guarantees in basketball is another way big conferences are supporting the smaller conferences," Currie said. "The bigger schools are supporting the lower schools."

### Preparing the Budget

The process of making each fiscal year's budget is an ongoing one that starts years in advance. But March, prior to each fiscal year, is when Shubert sits down with all 33 units within the athletic department to lay down that unit's budget.

"What we do is in March or so," Shubert said. "We set up meetings with each individual unit within athletics and basically what we do is provide some historical information about what their budget has been for the past couple of years and where they're at today."

After Shubert has the meetings in March, he begins to finalize the budget in April. He said that each meeting lasts around an hour, and that the budget is finalized around May. Then the fiscal year operating budget is released around June or July.

Of the 33 units within the department, each sport makes up one. But there are also other units that require their own budget.

"We have a number of different units," Shubert said. "Each sport is obviously a budget unit, but we have development, administration which is primarily the director's office, sports information, sports medicine, strength and conditioning, etc."

Shubert also said that what separates K-State Athletics from the rest of the university is its stand-alone nature.

"We're a little bit different than other departments or colleges on campus in that we need to manage our cash flow because we're pretty much standalone here," Shubert said. "For example, conference revenue doesn't come in 12 equal installments, it's weighted more towards the end of the fiscal year. There's different

times of the year when cash actually comes in, so you have to plan for your cash flow."

Preparing and maintaining finances within the K-State athletic department is obviously no easy task. And the regime prior to Currie's wasn't exactly successful at doing so.

But if you ask Currie, he says that it's the K-State constituents' desire to see the Wildcats win on and off the field that drives him to run one of the most financially successful departments in the nation.

"What we've found over the last four years is developing a vision together with our contributors and outlining that vision is what our fans and our contributors have responded to that," Currie said. "They want to be part of success, and they're so proud of K-State and the relationships they've had because of K-State that they want it to continue to be successful."

## International news briefs

### Earthquake kills hundreds in Pakistan

An earthquake that struck Pakistan on Tuesday has killed 330 people as of Wednesday night, according to CNN. The 7.7-magnitude quake hit a sparsely populated area in the Middle Eastern nation's southwest, but it had devastating effects. In addition to the death toll, which is expected to climb, according to officials almost 500 were injured.

CNN said that still more victims were feared to be trapped in the rubble. More than 1,000 Pakistani troops were deployed to assist in rescue efforts, but damaged lines of communication are hindering the operation.

The quake caused a land mass about 20 feet tall and 100 feet long to emerge from the ocean about a mile off Pakistan's coast. The initial tremors lasted for around two minutes and aftershocks were felt as far as 100 miles away.

### Obamacare, budget bill advanced by Senate despite 21-hour filibuster

The United States Senate voted Wednesday to advance a controversial bill that would both avert a government shutdown and defund the Affordable Care Act, commonly known as Obamacare, according to Fox News.

Unless an agreement is reached, the government will partially shut down on Oct.

1, but many Republicans continue to demand that Obamacare be defunded in exchange for a budget bill, Fox reported. Among the Act's opponents are Republican Senator Ted Cruz of Texas, who led a 21-hour filibuster intended to rally public support against the President's hallmark bill. During this time, Cruz could not leave the floor for any reason, including to eat or use the restroom.

Fox said the move was mostly symbolic, as the Sena-

tor was unable to actually stall the bill at this point. At the end of the lengthy filibuster, Cruz and every other Senator voted unanimously to advance the bill to debate.

Senate Democrat leader Harry Reid said he simply hopes to advance a bill that keeps the government open past Sept. 30 to the House, according to Fox. If Reid can accomplish this, Republicans, who hold the house majority, would be faced with a choice of risking a government shut-

down or allowing key parts of the polarizing health law to take effect in October.

### K-State decathlete and cancer survivor granted extra eligibility by NCAA

Former K-State All-American Devin Dick, who battled testicular cancer in 2011, was granted a sixth year of eligibility by the NCAA, allowing him to compete in this year's indoor and outdoor track seasons, according to KMAM.

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# S.H.A.P.E.: Reshaping societal embarrassment of sex

Chase Fortune  
staff writer

Let's talk about sex. It's not always that easy or comfortable, is it? For members of the K-State organization S.H.A.P.E., it's just a daily part of their life.

Sexual Health Awareness Peer Educators, S.H.A.P.E., is an organization that seeks to create an open forum of knowledge and communication surrounding all areas of sexual health. These conversation areas range from healthy relationship advice to STD prevention and awareness, and everything in between.

S.H.A.P.E. first started in the mid 1980s, during the time when the AIDS epidemic was becoming

an infamous topic for discussion. The organization aimed to educate students about the issues surrounding HIV/AIDS. Since then, S.H.A.P.E. has partnered up with Lafene Health Center and expanded its services to advocate healthy sexual practices and lifestyles.

A core belief of the organization is that success comes from its peer education program. S.H.A.P.E. recognizes that peers are essential factors in influencing attitudes and behaviors of their fellow peers.

"S.H.A.P.E. really exists because we know that, through research, peers usually learn more or take in more from their other peers," Julie Gibbs, director of health promotions at Lafene said. "That's why we're big on peer education."

We serve to preserve the students' health. We want to make sure that if they are sexually active, they are doing it in a healthy way."

But S.H.A.P.E. offers more to its students than just sexual health resources. For members of S.H.A.P.E., it can be a great way to gain experience in public speaking, networking and resume strengthening.

"I got involved with it because I thought it was a really good organization," said Rhett Jones, president of S.H.A.P.E. and senior in hospitality management. "I liked what they stood for and what they did on campus."

Jones said it can be a very rewarding and informative club to join. Members have the option of obtaining class credit through the organization by being pre-

senters.

"Presenters" are required to apply to the organization, take a three credit hour class and meet with the director of Lafene in order to be able to conduct presentations and give advice to students. However S.H.A.P.E. also welcomes volunteers to come to their meetings in order to help with different events and promotional efforts.

In addition to S.H.A.P.E.'s efforts to educate students about sexual health, they are also working to change the negative connotation that comes with talking about sex.

Jenny Yuen, health educator at Lafene, said S.H.A.P.E., along with the health promotions department at Lafene, provides much more than just free condoms. It

provides education and resources to living a healthy sexual lifestyle. This includes discussions and conversations about how STDs can spread, what a healthy relationship looks like, how students can seek help if they don't feel like they are in a healthy relationship and help meet diverse student needs around issues of sexuality and sexual orientation.

"Sex isn't a bad thing," Jones said. "There is this really negative [societal] aspect and embarrassment to having sex. You shouldn't judge people for having sex, and there should be no personal shame in you having sex."

Chase Fortune is a junior in mass communications. Please send comments to [edge@kstatecollegian.com](mailto:edge@kstatecollegian.com).

## PENN ST | NCAA penalties are mistake for program, fans, university

Continued from page 4

of a few individuals? The NCAA has shown too much rule over the last decade, like banning whole teams from the post-season because individual players wanted tattoos. These sanctions are just part of the NCAA trying to show

its power, letting every other program know that they can be made an example of.

The problem that led to the scandal at Penn State was in the chain of command and the lack of punishment that they dealt out. All the NCAA had to do was punish all those responsible, which they

did. Every coach and faculty member that was involved in this scandal is gone, with most of them also facing criminal charges. So now all the NCAA is doing with their unreasonably stiff penalties is punishing innocent players, coaches and fans. If they wanted to cause the same amount of

damage to innocent people they could have instituted the death penalty on the program and shut the football team down for a year or two.

The NCAA took a program on the heels of the biggest scandals in NCAA history, turned it upside down, shook the talent out of it, fined it a

ridiculous amount and set it out of sight for five years. Was that fair for them to do to a whole program because of the heinous actions of one sick individual? Was it fair for them to send this program to back to the dark ages? No, it absolutely was not. The NCAA is finally starting to fix its

own screwup, and hopefully — for the football program, the fans and the university's sake — the mistake doesn't do permanent damage to the program.

Emilio Rivera is a freshman in pre-journalism. Please send comments to [sports@kstatecollegian.com](mailto:sports@kstatecollegian.com).

## SICK | Best prevention is bed rest

Continued from page 1

way to stop the spread of viruses or protect oneself, there are also everyday steps that can decrease the chances of getting knocked down with illness.

Doing what is called a vampire sneeze can stop germs from spreading. Instead of using hands to cover the sneeze or cough, one should use the curve of their bended arm. So, the next time that person has to touch a shared surface — like a sink faucet or a door handle — they will not be spreading their germs.

To protect against other people's disease, opening doors or pushing buttons on

an elevator with hands slipped inside of sleeves will prevent possible spreading of illness.

Though it is difficult, with today's fast pace of what seem like never ending to-do lists and busy class schedules, one of the best ways to prevent a campus-wide flu epidemic is to take a day or two break from public interaction.

If a person feels sick, has a fever more than 100.3 degrees fahrenheit or has even been told by a doctor to stay home, that person should do so. If one person is contagious on campus, there is no way of knowing how many people they will interact with and pass their sickness along to.

Colds typically start gradu-

ally, whereas the flu can take effect in a matter of hours. Colds usually occur earlier in fall and winter, whereas flu season peaks around February.

"[The] cold is a virus, and there is not a cure for viral infections," Badders said. "Your body has to fight it off. You can help your body by getting enough sleep and being healthy prior to cold season, [as well as] getting medication to target the symptoms of the cold. It is also important to avoid people who are sick."

Cheyanna Colborn is a junior in mass communications. Please send comments to [edge@kstatecollegian.com](mailto:edge@kstatecollegian.com).

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